

5 WHAT IS CLAIMED IS:

1. A foot position training device, comprising:
  - a mat for supporting a person while swinging at a ball;
  - 10 a transmitter disposed on the mat;
  - a receiver disposed on the mat in spaced apart relation to the transmitter, the receiver capable of receiving a beam from the transmitter to establish an electric eye;
  - 15 an alarm responsive to interruption of the beam by the foot or leg of the person.
2. The foot positioning training device of Claim 1, wherein the mat further comprises indicia related to the proper positioning of the person's feet during his or her batting stride.
3. The foot positioning training device of Claim 1 wherein the alarm is audible.
- 25 4. The foot positioning system of Claim 1, further comprising a battery-powered control system.
5. A foot positioning training device, comprising:
  - a mat having indicia relating to foot positioning of a person swinging at a pitched ball;
  - a transmitter disposed on the mat;
  - a receiver disposed on the mat in spaced apart relation from the transmitter such that the receiver is

- 5 capable of receiving a beam from the transmitter to establish an electric eye; and,  
an alarm responsive to interruption of the beam by the foot or leg of the person.
- 10 6. A method of training proper foot positioning for a person while swinging at a pitched ball, comprising:  
providing a transmitter;  
providing a receiver aligned with the transmitter such that the receiver is capable of receiving a beam  
15 from the transmitter to establish an electric eye;  
orienting the transmitter and receiver behind the feet of the person to establish a zone of allowable foot movement;  
triggering an alarm when the beam is broken to  
20 indicate that an errant foot movement has occurred during the person's swing.
7. The method according to Claim 6, comprising the further steps of:  
25 providing a mat;  
attaching the transmitter and receiver to the mat.
8. The method according to Claim 7, comprising the further steps of:  
30 providing written indicia on the mat for the person to use to align his or her feet.
9. The method according to Claim 7 comprising the further step of:

*audible*

5 activating an *alarm* when the person swings  
incorrectly.